



Botschaft von
Das [R]Eine Volk
am 18. Juli im Jahre UrUr

ENGLISH TRANSLATION



The health of the people as a prerequisite of peace

A subject area, that is still being unjustly neglected, includes the elementary and fundamental principle of a happy and fulfilled life, the health of the people. No folk (nation) on this earth, can and will live in peace, if it doesn't cultivate gentle connectedness and love for all living beings! The first and in its essence most important contract of the students of Irtha (definition: regarding the earthly, this realm has only been called "earth", since the Satanicum in Rome called it that way) is being fulfilled purely in an energetic way, through thinking, feeling and acting:

**"that contract, which strictly prohibits the torment,
the species-inappropriate keeping,
and the killing of living beings of every race and species "**

As I said, this ETHIC OATH is primarily a purely spiritual contract, which does not require a physical signature, but which is affecting the life of every spiritually conscious being much more, than has been previously thought.

In India, in many sacred places, it says, *"Do not kill, unless you want to be killed."* As a stooge of death - nothing less are people, who incorporate into their diet what has been murdered or killed by third parties - the dark fate of the deeds will pour over everyone, who denies this fact, but in a very slow fashion, since the individual should be able to escape from his experienced suffering at any moment, by using his inherent distinctiveness to find the path to the holy, healed life, that he has carried within him since his birth. The habits and the TRADITIONS of the morbid people alone send a human being in the suffering of a misguided life. As a child, I never wanted to eat meat, sausage or cheese, and all this as a grandson of the owners of a butchery-store. It was only by deception, that I got caught in the whirling of my later illnesses.

It is precisely because of consciousness, that the divine plane demands of the human kind in lifelong trials the application of his mental powers. Torture and murder are associated with maximum penalties, through the imbalance of energies, which in the vast majority of cases are explained to individuals suffering from cancer, for example, as "hereditary diseases" by the pharmaceutical representatives, who are never at a loss for excuses. The actual cause of so-called "disease" is of course not known to these UN-educated academics.

An exception in the matter of "murder" concerns one's own integrity, is the defense of one's own life no longer about murder, but about acting in self-defense. If a wild animal attacks someone, purely out of instinct - perhaps because the person entered the territory of the animal or wants to protect its young, it is man's first duty to protect his holy God-SELF from the loss of life.

>>> THE SAME IS EVEN MORE TRUE, WHEN ONE HUMAN ATTACKS ANOTHER, POSSIBLY IN ORDER TO ENFORCE OBEDIENCE OF THE DEMANDS OF THE OTHER, BECAUSE: MANKIND IS ALWAYS CONSCIOUS OF HIS MIND AND ACTION AND HAS

THE DUTY TO FREELY DETERMINE THIS ACTION IN ITS ENTIRETY, SOMETHING THE INSTINCTIVE ANIMAL IS NOT ABLE TO DO! <<<

If a human being cannot freely decide over his actions, he is either mentally handicapped and belongs as such in psychiatric observation or he is a slave of another individual or group of individuals. Slavery however is prohibited by law worldwide and so both the lackey with his action is punishable - not only in front of the law, but also in front of his own SELF, which strictly prohibits him from hurting and/or killing other living beings and thus punishes him.

If during such an attack by another human being the aggressor is harmed or possibly dies, the attacker alone is responsible for his mental failure.

**SELF-DEFENCE is every individuals FIRST DUTY,
if he is attacked by others!**

False peace-lovers, always careful to react to attacks with "peace & love", have not understood in the least the essence of the meaning of the cosmic law of **CAUSE & EFFECT**. Our goddess Ishtar/Isais/Frya/Maria repeatedly told those, who were searching for truth:

"Your love to the loving, your fist to the angry."

Again testifies to the spiritual doom, the one who spreads the limping sayings of supposedly peaceful FREEMASONS (e.g. Gandhi) amongst the awakening people, as Heiko Schrang likes to do, voluntarily offering the other cheek of his face to them, after the arbitrary attack by the satanic UN legal system.

Proverbs of this kind originate from the ancient Hebrews, who manipulated their enemies' minds to assure, that they would never take up arms against the "children of the devil", since the latter were obsessed with enormous cowardice for their little bit of life and were afraid to be caught and punished for their dark deeds. Only a lunatic lets the evil one in his unspeakable blindness indulge in all his deeds. The brave ones, even if it means putting his own life at risk, will always and with all his available resources defend one-selves. Like this its NATURE, pure health.

Let's go get some proof of that: A little fly makes its way into your eye. How does your eyelid react to protect your pupil against the invader? You accidentally breathe in a piece of your food - do your lungs absorb the foreign body voluntarily and without grumbling? No, of course not! One last example out of countless: A person comes up to you, wants to beat you, how do you react? You use your hands as a protective cover for your body, want to get rid of him. These are the divine reflexes of your being, to protect your "vehicle" in this realms from injury and damage. A person trained in self-defense not only defends himself, he also eliminates the attacker within a few seconds, like a man, who has gotten in a wasp's nest, wildly flails his hands to escape the stinging inferno.

And now ask yourself, **healthy** one:

**WHO GIVES A COMPANY, WHO GAVE ITSELF THE STATUS OF POWER ACTING AS
THE ENFORCEMENT - M O N O P O L Y THE RIGHT,**

- TO ENSLAVE YOU,
- TO MANIPULATE YOU, TO POISON YOU,
- TO TREAT YOU LIKE A PIECE OF TRASH
- TO GUT YOU; TO SEIZE YOUR ENERGIES,
- AND HURT YOU OR POSSIBLY KILL YOU?

You will find the pure truth, it's buried deep within you. Unleash it when you're ready! It is not the one, who has the weapons, who carries all the legitimization in himself, but that pure human being, who has recognized his truth in love and Wholeness... and acts accordingly.

Human souls, that have passed from this world to the other side wish in the first place having made such a contract with life in this world, since this realm is like a SCHOOL OF ALL ESSENTIAL EXAMINATIONS and at the same time defined as SPRING BOARD to " the top" or "the bottom". "Above" and "below" are by no means to be considered geographically, but the categories denoting the continuation for each human soul.

This subject requires further explanation:

Whoever fails in this world, has to carry his burden in the beyond, in one of the many realms to come. Murder in this realm, no matter, whether it is a living human being, an animal or a plant, who also has a soul, all living beings carry the **very SAME** essence within them, which makes them highly sensitive creatures on this earth. If murders have already occurred, it requires asking for forgiveness and good deeds for the compensation of the evil, which has been done. The human kind, on the other hand, places himself at the forefront of emotional perception, whereas dozens of research regarding emotions of animals and plants, have already clearly shown, that animals and above all plants, have enormous sensual sovereignty over people.

Again, justifiers, because of their ongoing cowardly animal slaughter, ramble on about the alleged murder of plants by vegans, when these enjoy fruits and greens. At this point of discussion already the high spirit determines the truth, and is able to observe the impaired thinking ability of the slaughter-food consumer. Does a human being die from cutting his hair? Is the life of a human being threatened, if he files his fingernails? Or, better described: A male orgasm therefore immediately extinguishes all life functions of the man who jerks off? From time to time, one has to be ashamed of such stupid babble of the murderous scum.

The harvest of leaves from the trees and bushes, is nothing else but cutting the hair, shaving in the morning. If you in addition give your loving gratitude to the plants, from which you took the lush green and give them all-encompassing love, the plants give gladly, since they always strive to support humans and animals in their loving growth.

A longtime friend of mine approached me only yesterday, she has been in four so-called hospitals recently, the same diagnosis everywhere: CANCER. Well, I've seen her suffering and her fear since my return from "hell", I suffered from the same false diagnosis many years ago. Diagnoses of this kind take a person's breath away. One falls deeply, especially when facing the charlatans in white completely unread and helpless. Healthy people don't become affected by cell poisoning of this kind. But who really is healthy? Sick people, especially those who are counseled by the ones in "white", pour into the large fire, which manifests itself in the body by means of proliferating cell growth, good old-fashioned chemotherapy. What is the result of this going to be?

The first issue, I addressed to my friend with punitive words, is her husband, who is one of the sneaky hunters, who have no mercy for the wonderful LIVING beings of this earth. She commented, she is not a great meat eater, but surely, she has skinned, prepared and given the slaughtered animals to her five children. Well... the energetic equivalent always finds the guilty, even if they are only the stooge of death. Her husband, only slightly older than me in years, but separated from the outer complexion by centuries, will not remain among us for much longer. As old as his bodily shell reveals itself, no human can become! CAUSE – EFFECT.

So my friend eats very little meat, just a little of the murdered souls. Can you kill an animal just a

little bit? Is a human being capable of just being a little pregnant? Animals are still dead and not by any means voluntarily. But she does eat a lot of sausage and cheese. I, too, only recently planted in my garden the popular "sausage trees. If only people could understand...

Cheese, once again the already umpteen times treated topic of the cruel satanism of our time: Which ingredients does the "harmless" cheese require in order to become that cheese? Vegetarians are not without reason completely misguided, if they eat cheese, milk and eggs. **VEGETATION!!! Do cheese, milk and eggs grow on trees and bushes?** Think, patriot, as they like to say.

Milk, from cows kept artificially pregnant, which certainly don't like to be kept pregnant all the time and LAB, are among the key-ingredients of cheese. Which animal donates LAB voluntarily? **The murdered calf**, but by no means willingly. The execution of baby-animals is a form of satanism, that can hardly be put into words. Murdering two-year-old cows and pigs is already bad, but Babies!? Anyway, all that remains satanism, no matter what is murdered.

After a short introduction to the **world of peace**, my friend was saddened and asked, *"And that's why I have to die now?"* My answer was brief: *"You are still alive and you still hold all the reins in your hands!"* She was helpless, not knowing what to do. She even smokes, after all it is so healthy. Of course she "only" smokes tobacco, stuffs her fags by herself. Ah yes. If that were true, Alexander Wagandt, who is my age, would not look like this, HaJo Müller, I estimated him at first at around 90-93 years, the way he always hangs in his saddle, he can hardly speak or walk a small distance. **UPRIGHT looks different!** Body tension requires a solid muscle-frame at any age, this wants to be created first. The basis of this is perfect health. Although I don't want to belittle the work for the people and the country by HaJo Müller, since the good man sacrifices a lot for the World peace, he is by no means healthy, and what WORLD PEACE means at its core, he doesn't know either, otherwise he wouldn't stuff slaughter-foods and suffering into his mouth.

Let's move on: I wanted to know, if she ate sugar, although I could have saved myself the question. No, she completely cut out sugar, was her rocket-like response. polysaccharides, multi-chained sugars, contained in potatoes, bread, as staple of every household, all cereals, waffles, fruit, all of this she hadn't considered in her hasty reply. Potatoes were her favorite dish, she stated. Yes, these healthy polysaccharides are really something.

In an atomic bomb, two hemispheres of enriched uranium or plutonium fuse together. The cancer-causing "atom bomb" in the human body is sugars combined with animal DNA, like meat/sausage/cheese. I don't understand, why the non-vegan people of the truth movement are so scared of an RNA vaccination by William Rockefeller (Bill Gates). Every day they take in **vast amounts of foreign DNA** voluntarily and don't give a shit about the fact, that they themselves become more and more like animals with every bite, the more they eat. But as soon as Kill-Bill comes along with a little dose of human cells, all hell breaks loose again. In this context, *"Best regards to... and to Silesia!"*

"But what is left to eat?" was her question, ignoring the countless walnut trees, which I had planted since returning home. My head tilted to the right, my eyes followed. *"What are those trees?"* she asked somewhat interested... *"Walnut trees, Trees of life, superfoods!"*, was my clear answer. *"Both the nut and the leaves carry much greater attributes than other plants."*

So I started another short lecture about the cleansing effect of the leaves, as well as about the enormous omega content in the best divine mixing ratio of the fruits. Quickly, before her attention was lost, I mentioned a little of my daily menu: **KETO.GAN.IF** is the name of my nutritional-physiology I have followed since last year with incredible success! Remember the statements of scientists and researchers affirming that muscle-growth is no longer possible from the age of 30, or rather the existing muscles would regress? **NON-SENSE!** Since I created KETO.GAN.IF - I have

exceeded the age of 50 - my body is growing in an almost unimaginable rate, even though I did martial arts and weight training all my life, so my shape was already better than average. What is the difference between KETO.GAN.IF and general home cooking, with normal vegan food?

Basically vegan food is always combined with "taste". If I speak of my healthy nutrition, then the listeners immediately come up with an old, common response: *"But I don't like the taste of it"* is their justification. Taste is immensely important in the life of the average human being, they eat actually exclusively what is tasty, and are deceived by it. Through years and decades of so-called nutrition, which is directed against the Godliness of the human being, basically every single one of us is no longer master of his senses of taste. When people first taste my food of life, they pull a face, but if they stay on the ball and enable the change through their willpower in the direction of divine nourishment, their stunted sense of taste also changes. Like a plant fertilized with true nutrients, they blossom in their trinity to new life.

In the case of my friend, at every hint of the living ingredients of my food I received the reply : *"I don't like it"* or *"I can't eat that."* Without wanting to admit it, the world will surely soon have to do without their presence. But what does KETO.GAN.IF mean? Several readers asked that question after studying my latest messages. Several times last year, I extensively discussed this topic presenting calculations on how much I eat of what.

To update the progress of the nutritional form - this also in regards to the most current neuro-biological research - let's reevaluate my diet plan:

KETO.GAN.IF contains three essential factors of nutrition science, which are mutually dependent and positively influence one another in their healing properties. KETO.GAN.IF is not only physical well-being, since the physical condition is directly related to spiritual and mental growth towards the so-called super-humanity, that the uneducated public frowns upon.

KETO.GAN.IF means

1. KETOGEN
2. VEGAN
3. INTERMITTENT FASTING

Regarding 1.): Humans in ketosis fulfill the basic principles of pure human nutrition. Those, who consume 60% healthy fats, 35% protein and only 5% carbohydrates, meet the highest standards of the ketogenic diet. After only a few days, the organism produces the ketone bodies, that nourish the brain to the highest standards. If the brain is initially activated - considering it has far more potency than the entire universe carries within itself - the human being is unstoppable in his abilities. Babies live perfectly KETOGENIC, as they are fed solely on breast milk (fat and protein). After months of living on this earth, the mothers are recommended to add destructive foods, such as potatoes, fruit and other rubbish to their babies diet. With the days and weeks the sugar stores in the body empty and a slight addiction to fruits and sugary foods arises, however the person on **withdrawal** should not give in to his addictions. Fruit is for animals! The vitamin content is marginal. One or two berries don't do any harm, but they aren't essential either. Green leaves on the other hand, overflowing with vitamins and minerals, are the primary value of life. Greens revive the blood, it is purified and one prevents the immensely widespread disease referred to as anemia.

Regarding 2.): The vegan way of life is well known, but vegans are not truly HEALTHY, in the sense of being ALIVE. Of course not, since they defrost frozen food and then boil it to death. If the food is taken out of its original state, which in the case of freezing happens for the first time,

all life has escaped from the former food. To alter it again through the effects of heat...

RAW & VEGAN nutrition on the other hand is indispensable in its value for the holy trinity of mankind, if he doesn't want to age and wants to spend the coming centuries in this world in full POWER. Yes, I don't refer to "centuries" without reason, I know people privately, who have already witnessed several emperors of our Reich rule and are still with us today. This is no secret!

Regarding 3.): Intermittent fasting is possible in many forms. Some weak minded speaks of 14:10, the next one dares to approach the ratio 16:8, the brave ones dare to go 20:4 ... I will stick with one meal a day in the morning, after my training-session, and thus remain at 23.5 : 0.5. What do I mean by these ratios? Simply stated, I take in my entire daily ration of food, about 5000 kcal, in about half an hour. These are quickly eaten, since my food consists of various oils, fresh nuts and highly protein-rich powders. 100 ml black cumin oil already have 910 kcal, linseed oil doesn't provide much less energy, the popular and biologically pure coconut oil also has the same energy content. Served with 300 grams of walnuts, a few macadamia nuts, some almonds, 300 grams of homemade protein powder made from pea-, rice- and hemp-protein, mixed with crushed hemp and flax seeds... All this equates to a medium sized bowl of highly energetic food, which is even further enriched in its life-content with about 300 grams of shredded stinging nettle, comfrey, walnut and berry-leaves. After I have eaten this meal, I immediately feel the muscle-soreness generated from hard training disappear, I feel the cells inflate and I blossom into divine life.

Due to the high content of omega fatty acids, I feel neither hungry, nor have an appetite for the rest of the day. The brain consists of 80% fat. If one only provides carbohydrates for the fat-loving organ - i.e. sugars – one doesn't only poisons it, he voluntarily undermines his own high spectrum of functioning.

The sugar industry has always been eager to poison people with their products. The one striving for true knowledge asks himself, why the fruit department is always the first thing you see in supermarkets. Why do people keep telling you, that fruit is so healthy? The opposite is true. Fruit in smallest quantities may be considered NOT harmful to the organism, but it is not a health-food. This has been proven by researchers, whose test subjects suffered from severe sugar poisoning caused by fruit and vegetables alone. Necrosis of the bones, from fruit alone. When they cut out the fruit, the severe pain in the joints disappeared too.

It remains said time and again: None of what is publicly communicated to us is true. So it's up to us, to find the truth behind the veiled deception. These reveal themselves in the healthy nature of all things. If we are alert, always seeking to live in perfect wholeness, paradise on earth will reveal itself for us behind the horizon of deception.

We will be victorious only if we adjust to truth. The liar, the deceiver, the charlatan associated with the DIS-honest lies, will always present itself as evil. The unassailable, always perfect LAW OF THE COSMOS demonstrates again, that it alone holds the power over our lives. Why the lackeys of the "Children of the Devil" don't use this effective truth for their own benefit, seems to be a mystery, even to the knowledgeable.

The supposedly rewarding fake money still seems to have a higher value than their life and so these days, more than ever, the wheat is being separated from the chaff. The ones described in "Sayaha 12" as the "lonely righteous", the great ones, all of whom silently endured the constraints of the violent MONOPOLY, one day will be the new leaders. They alone deserve all respect, they will blossom and will lead the future kingdom of peace of the middle territories.

Whether king, emperor, grand duke or other former title holders, all these TRADITIONS have little significance, if the people are in perfect health, striving for the highest of life, for peace with all that is dear and good-natured. Only the one, who loves the smallest, is worthy of the greatest; only the

one, who begins to search for the truth within, will one day find his true SELF, his own GOD.

Der Sieg dem Heil.
:friedrich wilhelm thomas aus dem Hause Neubert

(As always, so also today: Pass on this message to the millions within our pure folk!)

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